

# GOLD BEACH WELLNESS CENTER

## WEEKLY MOVEMENT CLASSES

MAY 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



**Chair Pilates**  
8:45-9:45 AM  
 Dawn

**Early Birds Yoga**  
7:00-8:00 AM  
 Vanessa  
*Sign-up required*

**Early Birds Yoga**  
7:00-8:00 AM  
 Vanessa  
*Sign-up required*

**Yoga**  
10:00-11:15 AM  
 Vanessa

**Pilates Plus**  
8:30-9:30 AM  
 Dawn

**Yoga**  
10:00-11:00 AM  
 Vanessa

**Yoga**  
10:00 AM - Noon  
 Vanessa  
 \*  
*Experience required*

**Qigong**  
11:30-12:45 PM  
 Bozena

**Block Therapy**  
2:00-3:30 PM  
 Nancy Zi

**Beginning Yoga**  
10:00-11:00 AM  
 Vanessa

**Chair Yoga**  
**\*Chakras\***  
1:00-2:00 PM  
 Olivia  
*Seniors/Beginners*

**Qigong**  
11:30-12:45 PM  
 Bozena

**Belly Dance Fitness**  
1:00-2:00 PM  
 Vanessa

**Chair Yoga for Seniors**  
1:30-2:30 PM  
 Mary S.

**Joyful Yoga**  
4:15-5:15 PM  
 Mary Breen  
*Sign-up required*

**Belly Dance Fitness**  
4:00-5:00 PM  
 Vanessa

**Joyful Yoga**  
4:15-5:15 PM  
 Mary Breen  
*Sign-up required*

**Chakras Course**  
*\*Includes Thrs Class\**  
3:00 - 4:30 PM  
 Olivia

**Mat Pilates**  
5:30-6:30 PM  
 Kristen

**Pilates Plus**  
5:30-6:30 PM  
 Dawn

**Mat Pilates**  
5:30-6:30 PM  
 Kristen  
*Sign-up required*

**Class rates vary by teacher/class. Please contact us for class details:**

Bozena 541-425-0332

Dawn 916-801-5570

Kristen 805-450-3199

Mary B. 541-991-7284

Olivia 541-373-3285

Mary S. 541-425-0742

Nancy Zi 970-948-9923

Vanessa 458-205-1685